



❧ Learn to Skate Programs ❧

For more information:

Call the A.S.C. Hotline @ (905)648-9460
Or check the website: www.ancasterskatingclub.ca

Ancaster Skating Club Registration:

In-person registration dates are as follows – register early for best selection!

Thursday, September 1, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 3, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone
Thursday, September 8, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 10, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone
Tuesday, September 13, 2011	6:00 – 8:00 p.m. @ Morgan Firestone
Saturday, September 17, 2011	9:00 a.m. – 12:00 p.m. @ Morgan Firestone

General Information:

Using the nationally acclaimed Skate Canada “CanSkate Program” as the foundation, the Ancaster Skating Club offers beginners the opportunity to learn to skate on various days and times. Skaters are grouped according to skill level, and progress through six stages of learning. A portion of each week's session is spent in group instruction provided by our **professional, Skate Canada certified coaching staff**. Children work at their own pace. Once all skills in a stage have been acquired, the skater obtains a Skate Canada badge, and begins working on the next stage.

Program Assistant Volunteers:

We are looking for parents or high school students who are current/former skaters or hockey players to volunteer as on-ice Program Assistants during our Pre-Canskate/CanSkate & CanPowerSkate sessions. This is a great way for high school students to obtain their community volunteer hours. If you are interested, please speak with an ASC volunteer during registration or at the volunteer desk in the lobby.

CARNIVAL:

This will be a Carnival year for ASC! Participation in the year-end Carnival for PreCanSkaters, CanSkaters and PreStarSkaters is optional. Skaters must sign up for this fun-filled event during regular skating registration at the start of the season. Practice sessions for Carnival will be held during the last 2 weeks of March, and the Carnival practice schedule will be determined by the end of February. The cost for a skater to participate is only \$20, which includes at least 2 practices, participation in the show and costume rental.

Fee Schedule

PROGRAM	# of Weeks	FEES (Cheque/Cash Only)				
		Mon	Tues	Thurs	Sat	Sun
Pre-CanSkate	20	--	\$205	\$205	\$205	--
CanSkate 1 to 3	20	--	\$250	\$250	\$250	--
FastTrack (Starts Nov. 3 rd)	16	--	\$240	--	--	--
Pre-StarSkate (CanSkate 4, 5, 6)	23 or 24	--	\$360	--	--	\$345
Pre-StarSkate Off-Ice (Sundays)	20	--	--	--	--	\$50
Pre-StarSkate/Intro to Synchro	20	--	--	--	\$360	--
TeenSkate (Oct-Dec)	14	--	--	--	--	\$210
TeenSkate (Jan-Mar)	9	--	--	--	--	\$135
CanPowerSkate (Oct-Dec)	10	\$150	--	--	--	--
CanPowerSkate (Jan-Mar)	10	\$150	--	--	--	--
<i>Carnival Participation Fee (for skaters participating in Carnival; covers a minimum of 2 additional practice sessions in late March, participation of skater in Carnival and costume rental)</i>						\$20
<i>*Mandatory Skate Canada Annual Membership Fee – All Skaters:</i>						\$34

Pre-CanSkate (3 to 5 Year Olds):

A specially designed program with a strong element of play for children ages 3 to 5 years old. Group lesson format, teaching basic movement on the ice. The more independent skaters in this group work on CanSkate Stages 1 and upward. **C.S.A. approved HOCKEY HELMET WITH FULL FACE PROTECTION is MANDATORY for all Pre-CanSkaters.**

- Tuesdays: 6:10 – 6:40 p.m.
- Thursdays: 6:10 – 6:40 p.m.
- Saturdays: 9:20 – 9:50 a.m.
- Saturdays: 10:10 – 10:40 a.m.

CanSkate Stages 1 to 3 (Ages 5 & Up) & TeenSkate:

Basic skating skills for skaters aged 5 and upwards; a TeenSkate session for skaters age 11 and older is also available. Group lesson format, teaching CanSkate Stages 1 to 3. **C.S.A. approved HOCKEY HELMETS are MANDATORY for all CanSkate Stages 1-6 skaters. Face visors are strongly recommended for CanSkate Stages 1-3.**

- Tuesdays: 6:00 – 6:50 p.m.
- Thursdays: 6:00 – 6:50 p.m. (Fills up quickly!)
- Saturdays: 9:10 – 10:00 a.m.
- Saturdays: 10:00 – 10:50 p.m.
- Sundays (TeenSkate): 12:10 – 1:00 p.m.

Pre-StarSkate:

For skaters who have passed CanSkate Stage 3 and up, this session offers skaters working on CanSkate Stages 4, 5, or 6 a full 50-minute group lesson with a Professional Coach. The session is structured to allow skaters optimal use of ice-time and instruction in order to move through the CanSkate program as quickly as possible. A combination of basic skating skills, creative movement, endurance and strength training will be provided to assist in a smoother transition into the Skate Canada StarSkate (Test Stream) Program. For those who would like to progress even more quickly, two sessions per week are recommended, along with private lessons (see below). **NEW THIS YEAR** – Sunday off-ice for PreStarSkaters: Twenty weeks of off-ice is being offered to PreStarSkaters on Sundays from 11:30 to 12:00 p.m., beginning October 2nd and running to the end of February. These off-ice sessions will focus on fitness, flexibility and conditioning to help your skater be more effective on the ice. It is strongly recommended that PreStarSkaters participate in this beneficial program. **C.S.A. approved HOCKEY HELMETS are MANDATORY for all CanSkate Stages 1-6 skaters (new Skate Canada rule).**

- Tuesdays: 5:10 – 6:00 p.m. (Begins September 13th; 24 wks)
- Sundays: 12:10 – 1:00 p.m. (Begins September 18th; 23 wks)
- Sunday Off-Ice: 11:30 – 12:00 p.m. (Begins October 2nd; 20 wks)

Pre-StarSkate/Intro to Synchro (NEW!):

NEW this year! This is your skater's chance to try a fantastic team sport, Synchronized Skating! This introduction to the sport will be combined with a Saturday Pre-StarSkate session, and is aimed at skaters who have passed CanSkate Stage 3 and who are working on CanSkate Stages 4, 5, or 6, OR skaters who are recommended by an ASC coach for the program. Skaters **MUST** be enrolled in at least one additional regular Pre-StarSkate session (see previous section) **OR** Junior session. The full 60 minutes session will be led by a professional coach. The first half hour of the session will focus on CanSkate skills that form the foundation for synchronized skating (forwards and backwards crosscuts, footwork, edges, and turns). During the last half hour, skaters will work on synchronized skating elements such as blocks, pinwheels, intersections, circles and lines, and will incorporate these elements into a number which will be performed at the year-end Carnival. **C.S.A. approved HOCKEY HELMETS are MANDATORY for all CanSkate Stages 1-6 skaters (new Skate Canada rule).**

- Saturdays: 11:00 a.m. – 12:00 p.m. (Begins October 1st; 20 wks)

Fast Track:

This is a development program aimed at "fast tracking" skaters through the CanSkate Program, and starts at the beginning of November. During regular CanSkate sessions in October, skaters will be evaluated by ASC coaching staff. Identified skaters being recommended for participation in the Fast Track program will receive a letter from ASC. A professional coach provides a group lesson for the full 50 minute session. Skaters for this program must also be signed up for at least one other session per week (a CanSkate session).

- Thursdays: 6:00 – 6:50 p.m. (Begins November 3rd; 16 wks)

Private Lessons:

Private lessons are available to skaters who wish to progress more quickly and/or would like to work on problem areas. Private lessons are offered during 10-minute sessions immediately before or after some CanSkate sessions, or during the first or last 10 minutes of a CanSkate session. Private lessons must be taken from one of the Club's Professional Coaches and are on a first come first served basis; parents may select their choice of Professional Coach (see list in this brochure) or have one assigned to their skater. The private lessons are completely flexible – weekly, once per month, or whatever suits your needs. The lessons are open to all levels of skaters, but are strongly recommended for skaters in Pre-StarSkate. Lessons must be reserved at least a week in advance and can be arranged at the ASC volunteer desk in the lobby. Please speak with an ASC volunteer for more details.

CanPowerSkate:

We are excited to continue offering Skate Canada's CanPowerSkate program this season. The sessions will be taught by Skate Canada certified CanPowerSkate coaches. NOTE: Separate 10-week fall (October – December) and 10-week winter (January – March) sessions will be offered. Qualifications and sessions times are as follows:

- **CanPowerSkate:** Must have passed CanSkate Stage 2 or equivalent (ie, completed CHIPS), or be able to skate the length of the ice. Hockey stick, C.S.A. approved hockey helmet with full face protection and full hockey equipment required. Registration limited to 24. Mondays, 6:10 – 7:00 p.m.

NOTE: All programs are subject to change. The Ancaster Skating Club reserves the right to cancel programs due to insufficient enrollment.

Helmets:

As of July 1, 2011, Skate Canada has issued a new policy regarding helmet use that all Skate Canada clubs must adhere to:

“All Skate Canada member clubs who offer a CanSkate program must ensure all CanSkate and adult CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice. Clubs must ensure this policy is enforced during all skating activities including competitions, carnival days or any other special on ice activities throughout the season for this level of skater. Clubs may choose to expand the use of CSA approved hockey helmets in their club as they see necessary. This policy is a minimum standard.”

As the result of this new policy, ASC is requiring all skaters enrolled in PreCanSkate, CanSkate, PreStarSkate, CanPowerSkate, TeenSkate and Junior to wear a CSA approved hockey helmet while on the ice for lessons and special Club events such as Skate Canada and Carnival.

Terms and Conditions:

1. All programs are Skate Canada approved. All skaters are required to pay a \$34 annual Skate Canada membership fee.
2. Make cheques payable to: **ANCASTER SKATING CLUB**. Pro-rated refunds will be considered during the first 3 weeks of the Pre-CanSkate program only; no refunds on any other programs. Improper applications or cheques will be returned. There will be a \$30.00 service charge for N.S.F. cheques.

3. ICE TIME LOST DUE TO MISSED LESSONS WILL NOT BE REFUNDED OR RESCHEDULED. CANCELLATIONS DUE TO INCLEMENT WEATHER OR OTHER ARENA CLOSURES WILL NOT BE REFUNDED OR RESCHEDULED.
4. All programs are subject to change. A.S.C. reserves the right to cancel Programs due to insufficient registration. The A.S.C. Board of Directors reserves the right to suspend or terminate a skater's privileges after notification of improper behaviour of the skater and/or parent.
5. A.S.C reserves the right to use photographs of skaters (no names used) taken during regular program sessions and special events for promotional materials such as brochures, advertisements, website, unless notified otherwise in writing by parents or guardians.
- 6. C.S.A. approved HOCKEY HELMETS are MANDATORY for skaters in Pre-CanSkate, CanSkate Stages 1 – 6, Pre-Power and CanPowerSkate; full face protection is MANDATORY for skaters in Pre-CanSkate & Can-PowerSkate, and STRONGLY RECOMMENDED for skaters in CanSkate Stages 1-3.**
7. Parents / Guardians are responsible for providing appropriate and properly maintained equipment for participants.
8. Parents are ultimately responsible for the actions and behaviour of their children. **A parent or guardian must be present in the arena or lobby at all times while their child is on the ice.**
9. Parents are prohibited from the ice surface. Parents are not to interrupt the Professional Coaches or Program Assistants during the sessions.
10. Parents are to direct any questions and/or concerns to the A.S.C. Volunteers located at the desk in the lobby.

The A.S.C. 2011 - 2012 Professional Coaching Staff:

<i>Name</i>	<i>Contact Info</i>	<i>Coaching Qualifications</i>
Nicole Audette	(905)575-5843	CanSkate 1-7 & StarSkate all levels
Beth Carruth	(289)925-8642	CanSkate 1-7 & StarSkate all levels
Jeffrey Gorman	(289)439-5429	CanSkate 1-7
Ashley Osika	(905)512-8314	CanSkate 1-7/PowerSkate/StarSkate up to Jr Silver
Kaylyn Pecaric	(905)741-1899	CanSkate 1-7/PowerSkate/StarSkate all levels
Danielle Reilly	(905)520-5527	CanSkate 1-7/PowerSkate/StarSkate up to Jr Silver
Heather Rosdobutko	(905)906-5069	CanSkate 1-7 & StarSkate up to Jr. Silver
Aaron Stewart	289-921-0878	CanSkate 1-7 & StarSkate all levels

ASC WEEKLY 2011-2012 LEARN to SKATE SCHEDULE

Sunday	Monday	Tuesday	Thursday	Saturday
				9:10 – 10:00 CanSkate 9:20 – 9:50 PreCanSkate
				10:00 – 10:50 CanSkate 10:10-10:40 PreCanSkate
				11:00 – 12:00 PreStarSkate & Intro to Synchro
12:10 – 1:00 TeenSkate & PreStarSkate				
		5:10 – 6:00 PreStarSkate	5:10 – 6:00 Junior	
	6:10 – 7:00 CanPowerSkate	6:00 – 6:50 CanSkate 6:10 – 6:40 PreCanSkate	6:00 – 6:50 CanSkate & Fast Track 6:10 – 6:40 PreCanSkate	

ASC MONTHLY 2011-2012 SCHEDULE

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labour Day	6	7	8	9	10
11	12	13 Tuesday Pre- StarSkate begins	14	15	16	17
18 Sunday PreStarSkate & TeenSkate begins	19	20	21	22	23	24
25	26	27	28	29	30	

October 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 CanSkate/ PreCanSkate PreStar/Intro to Synchro begin
2 Pre- StarSkate off-ice begins (11:30 am – 12:00 pm)	3 CanPower Skate begins; Oct-Mar	4 Tuesday CanSkate begins;	5	6 Thursday CanSkate begins;	7	8
9	10 Thanksgiving NO SKATING	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 Theme Day: Hallowe'en	26	27 Theme Day: Hallowe'en	28	29 Theme Day: Hallowe'en
30 Theme Day: Hallowe'en	31 Hallowe'en: NO SKATING					

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 CanSkate Bring A Friend
20 TeenSkate Bring A Friend	21	22 CanSkate Bring A Friend	23	24 CanSkate Bring A Friend	25	26
27	28	29	30			

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10 Last Saturday CanSkate for 2011
11	12	13 Last Tuesday CanSkate for 2011	14	15 Last Thursday CanSkate for 2011	16	17 Skate With Santa Family Skate 9-10 & 11-12 Exhibition Skate 10-11 All ASC skaters & families welcome
18 Last Sunday PreStarSkate & TeenSkate for 2011	19 Last day of Fall PowerSkate	20 Last Tuesday Pre- StarSkate for 2011	21	22 NO CanSkate & PreCanSkate	23	24 NO Skating
25 Christmas	26 Boxing Day NO Skating	27 NO Skating	28	29 NO Skating	30	31 New Year's Eve NO Skating

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO Skating	2 NO Skating	3 NO Skating	4	5 NO CanSkate & PreCanSkate	6	7 Saturday programs resume
8 Sunday programs resume	9 Winter PowerSkate begins	10 Tuesday programs resume	11	12 Thursday programs resume	13	14 Theme Day: PAJAMA PARTY
15 Theme Day: PAJAMA PARTY	16	17 Theme Day: PAJAMA PARTY	18	19 Theme Day: PAJAMA PARTY	20	21
22	23	24	25	26	27	28
29	30	31				

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9 Theme Day: Red & White Day	10	11 Theme Day: Red & White Day
12 Theme Day: Red & White Day	13	14 Theme Day: Red & White Day	15	16	17	18
19	20 Family Day NO SKATING	21	22	23	24	25
26	27	28	29			

March 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Saturday CanSkate: <u>Last regular day</u>
4 Sunday PreStar & PreTeen: <u>Last Regular Day</u>	5	6 Tuesday CanSkate & PreStar: <u>Last regular day</u>	7	8 Thursday CanSkate & PreStar: <u>Last regular day</u>	9	10 NO Skating: March Break
11 NO Skating: March Break	12 PowerSkate regular schedule	13	14	15	16	17 CARNIVAL PRACTICES IN EFFECT: Schedule TBA
18 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	19 PowerSkate: <u>Last Day</u>	20 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	21	22 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	23	24 CARNIVAL PRACTICES IN EFFECT; Schedule TBA
25 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	26 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	27 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	28	29 CARNIVAL PRACTICES IN EFFECT; Schedule TBA	30	31 CARNIVAL